

1. Coronavirus lappü meheang?

Coronavirus hapayü noknyiu hadü yemhimak kümei kü sheüpünung din.

Hapa dinlemü yimbüm kü ngü hepai thahtei pü dinlem kih. Hapa din mih pheü kei, shejao yangnyiu lomohhen mü vamnyiüke.

2. COVID-19 lappü meheang?

COVID-19 hapayü yopai yepaokpü dinlem kih. Boung 2019 Wuhan China lei mangvamshekü hapayü nenyangi nyuhamtüke.

3. COVID-19 i diungpü nyingen shingvaishi lem hupü:-

- Pheü i sheupü, nyiüeinangei, hadü kaai-üh kaaipü (dry cough).
- Diungpü hanei-ü hangha kü ketei-thoei diüngpü, shuong phangei diüngpü, ou-shang yenei diüngpü, ung-üei diüngpü, hadü vom laiei diüngpü nyühen.
- Long i sheüdaiphekü, daaei mangdaa thahshi kü meheao diüngpü nele-i hadü nedehi-i nyiuhen.
- Bavok ghong kü shennyak hük payü ngü-he neaok i diung wongdaihen. Vüdaipü shennyakthü hadü dinlem laolao lappai-pressure gohpü, mongdangdin, diabetes, hathü kü lommi üng din wongdainyeih.
- Shennyak hanei pheü-i sheüei, kaai kaiei, hadü ngüshohei diüngpang püthü lomi mellishem yemhen vongpong.

4. Dinlem küpü yiangei nyiuhen shingvaishi jeni mehe diukhen hadü nyiuhen vongpong:-

I. Diüngei lak meishi hühtüh:-

Alcohol omshi nyupü meli (Hand Sanitizer) i lak hühtüh hadü sapon meipü notei ei lak hühtüh.



Mehekei noteihen vongpong?

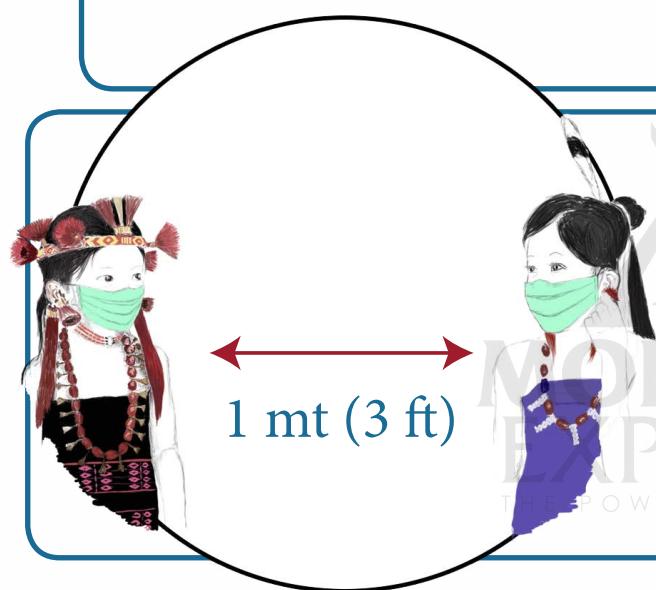
-Hapakei lak hühpü homei henei lak kupü long jiünyiüpeih.

II. Noknyiu daaktei shi nyutuh:-

Shennyak hanei kaai kai ei hadu hah shu-shu ei nyiujuma, nung noknyiu küpü meter hük (1 meter) payü yaanei nyiuhen vongpong.

Nungmehekei noknyiu kupü daaktei shi nyiuhen ang?

-Nung diungpü shennyak mü yotei shi nyiüjüma, kaai-kai pü, ou-yen pü hadü ngü hepai din thahteyieh



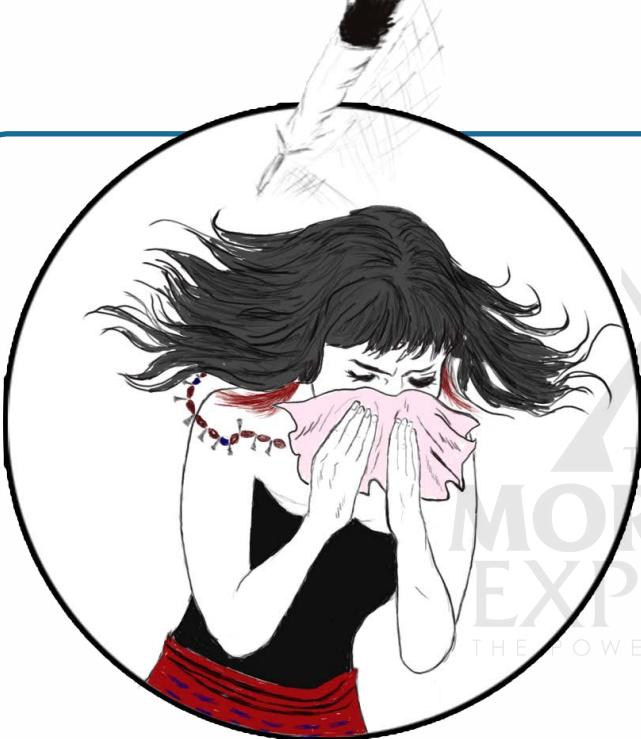
III. Aokpüthahshi Shong, Ju hadü Mük kü laki nenohe vongpong:-

Lak homei dinlem longi thahnung aok, hanangkü aok-pü thahshi lak, shong, hatü mük kü lak i tetuk.



IV. Yimbüm jiungei/yiangei tühen yimya:-

Yimbüm yiangei tühen shingvaishi aok-püthahshi kaai kai shingkü, Jiü-kü innyah ashak (tissue) i Jiümtü kaaihen hadü hahshu shuhene vongbong. Noteipü innyah ashak nyupyaktuw (dustbin) lei yaktuktuh.



V. Nung yimbüm kü diüngpii nyujüma lomi dinbü (doctor) hadü mellishem yemtuh:-

vNung yimbum kü diungpii - hangha shammei, kaai kaiei, hadü ngü nehe aoki kei nyujuma, lomi yobalei nyupü mellishem hatü dinbü mü pongtuh. Aokpüshük, laophü shemei nyiuhene khetuh. Am nyiushingei shahjang ngeu jang yanphahan. Hanangkü netohi hakashi nyutuh.



Hathü diükhilung nyingtuh:-

- Yimbum shamluktung i tuhpü hommei COVID-19 din küpü yianghen.
- Aokpüshuk yuongsham i hangha laktuh.
- Ashaehvang (garlic) hahpai hapa dinlem küpü yangaokhen.
- Antibiotic melli hahpai COVID-19 din kü nesheuhnyih.
- Shaang thahshi kü hapa COVID-19 dinshing metou ei ao hapa melli dangaokei neshiu.
- Hanangkü laophü nyangi yimbüm junghah mantuh.



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Ministry of Health and Family Welfare,
Government of India:

<https://www.mohfw.gov.in/> or @MoHFW_INDIA

World Health Organisation:

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Source: World Health Organisation
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Disclaimer: The above information provided in this document is solely based on the World Health Organisation's advice for the public on COVID-19 and true to the best of our knowledge. While every care has been taken to ensure accurate translation, any errors of omission or commission are inadvertent due to exigency of the current situation, and can be notified to The Morung Express.